

NAME _____

ADDRESS _____

DATE _____

Rx

NEGATIVES

to

POSITIVES

PRESCRIBED BY KAREN FRIEDMAN

STRATEGIES

COLLABORATION

Be assertive.
Don't wait for questions or
remarks to
trigger
what you want to say

QUESTIONS

Ask deliberate questions to
participate or redirect the
discussion. Pause to give others
time to think and answer

MEANDERING

Get to the point faster

STRATEGIES

FACTS AND FEELINGS

“I know this has been stressful”

“Lets discuss the roadblocks and figure out how to fix them.”

STOLEN IDEAS

Recapture your thought and expand

“ Thank you Sam for agreeing with me, let me elaborate on my idea”

“Learn to interrupt”

Madeleine Albright

Interrupted Again



- Maintain eye contact
- Keep talking/raise voice slightly
- Hold up hand
- I'm not quite finished
- Just a minute, I want to make a point
- We've heard a lot from Sam, what does everyone else think?